




November 2012 - Urbana Senior Center Activities

301-600-7020 UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging
9020 Amelung St., Frederick, MD 21704 (1st floor of the Urbana Library)

*You must pre-register and pay (if there is a fee) for all programs marked with an asterisk.
Programs may be canceled if enrollment is low. **Activities are subject to change.**

<i>Mondays 9:00-3:00</i>	<i>Tuesdays 9:00-8:00</i>	<i>Wednesdays 9:00-3:00</i>	<i>Thursdays 9:00-3:00</i>	<i>Fridays - Closed</i>
October 29 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	October 30 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 *Pizza Night 6:30 Games	October 31 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	1 11:00 Exercise to Video 11:30 For the Health of It 1:00 Cards/Games	2 Camden Yards Tour Day Trip Center is Closed
5 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	6 Center is Closed 	7 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	8 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 For the Health of It 1:00 Cards/Games	9 Center is Closed
12 Center is Closed 	13 11:00 Exercise to Video 11:00 Spanish 1:00 Stitching Post 1:00 Ask a Banker 5:30 *Pizza Night 6:30 Games	14 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	15 11:00 Exercise to Video 11:30 For the Health of It 1:00 Cards/Games	16 Pentagon Tour Day Trip Center is Closed
19 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	20 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 *Pizza Night 6:30 Games	21 9:30 Drawing/Painting Club 11:00 Exercise to Video 11:30 Blood Pressure Noon *Omelet Bar 12:30 Ask Nurse Steve	22 Center is Closed 	23 Center is Closed
26 10:00 Stitching Post 11:00 Exercise to Video 1:00 Cards/Games 1:30 *Tai Chi	27 11:00 Exercise to Video 1:00 Stitching Post 1:30 Rummikub 5:30 *Pizza Night 6:30 Games	28 9:30 Drawing/Painting Club 11:00 Exercise to Video 1:00 Wii Bowling	29 9:30 Men's Discussion Group 11:00 Exercise to Video 11:30 For the Health of It 1:00 Cards/Games	30 Anne Arundel Mills Day Trip Center is Closed